

4-13-2006

# Respect yourself. Protect yourself.

Maine Department of Labor

safeteen

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Speak up if you think  
there's a problem.

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These are not complete lists. There are exceptions, and rules differ for farm work. For details, call the Maine Department of Labor at 1-877-SAFE-345 TTY: 1-800-794-1110 (DEAF AND HEARING IMPAIRED).

*Got questions? Call toll-free*

**1-877-SAFE-345**

**[www.safeteen.org](http://www.safeteen.org)**

# teen

A program of the  
Maine Department of Labor

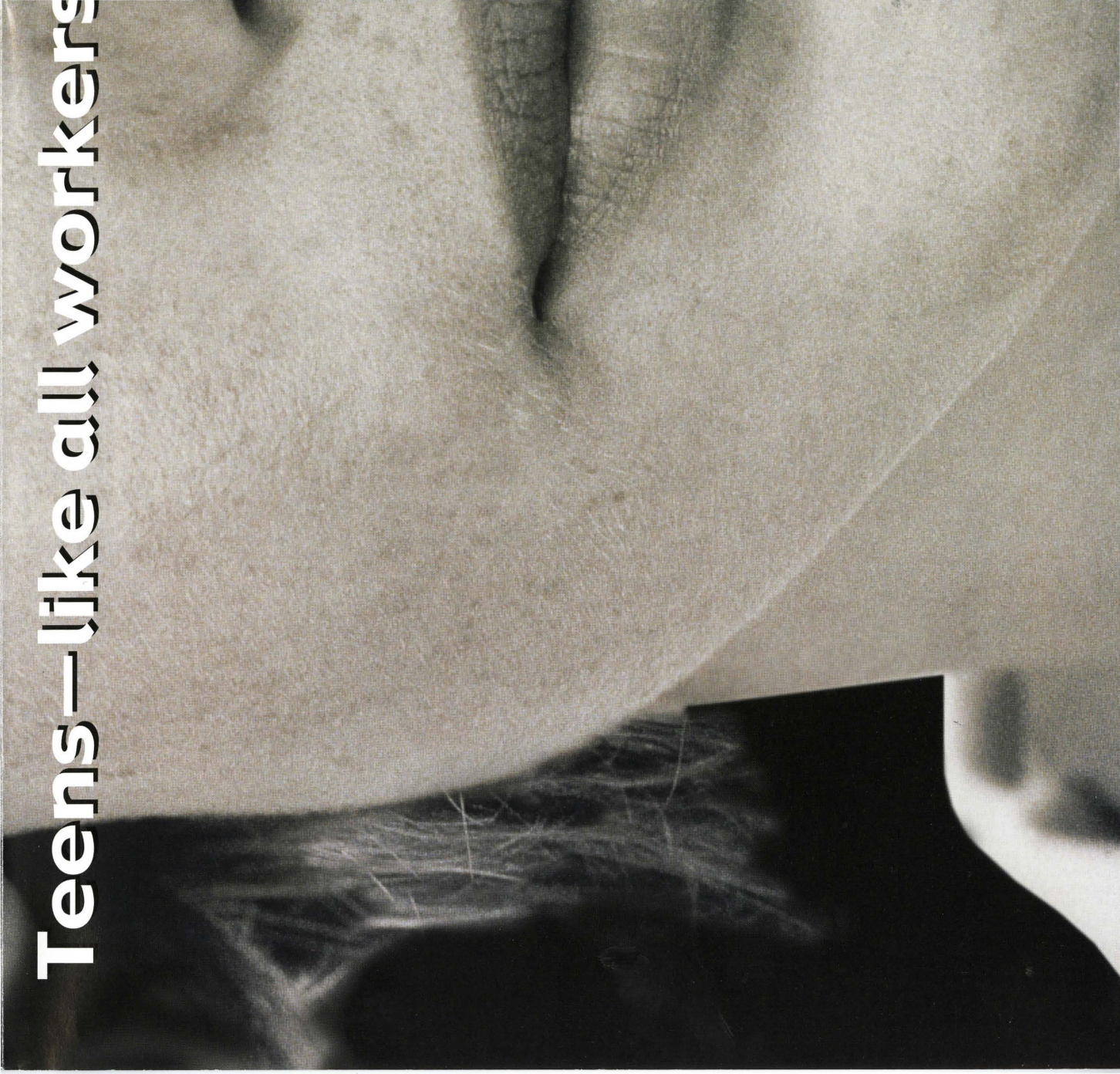
APR 13 2006







**Teens—like all workers**





A close-up, black and white photograph of a woman's face, focusing on her right eye and the texture of her hair. The eye is dark and looking directly at the camera. The hair is light-colored and has a fine, wavy texture. The lighting is soft, highlighting the skin and hair details.

**Respect yourself.**



**—have the right to a safe**







**Protect yourself.**



**and healthy workplace.**

**safeg**



## **16-17 Years Old (enrolled in school, including home-school)**

**You can work:**

**Up to 4 hours on a school day; 8 hours on the last school day of the week**

**Up to 20 hours in any week with 3 or more school days**

**Except: 8 hours each day with unscheduled school closure for a total of 28 hours that week (e.g., storm day, broken furnace, etc.)**

**Up to 50 hours each week with less than 3 scheduled school days, or during the first or last week of the school year**

**Up to 10 hours a day on weekends, holidays, vacations, teacher workshop days**

**No more than 6 days in a row**

**How early? How late?**

**Not before 7 a.m. on a school day**

**Not before 5 a.m. on a non-school day**

**Not after 10 p.m. the night before a school day**

**Until midnight if there is no school the next day**

**Minors under 17 cannot work during school hours**

**Did you know that you can't:**

**operate most power machinery • serve alcohol (unless you are 17 and are supervised by someone 21 or older) • drive for work (with some exceptions) • do most roofing jobs • do other dangerous jobs**

## **Under 16 (work permit required!)**

**You can work:**

**Up to 3 hours a day on school days, including Fridays**

**Up to 18 hours in any week with one or more school days**

**Up to 8 hours on days without school (during weekends, holidays, vacations, storm days, etc.)**

**Up to 40 hours in a week with no school days**

**Never more than 6 days in a row**

**How early? How late?**

**Between 7 a.m. and 7 p.m.**

**Between 7 a.m. and 9 p.m. during summer vacations only**

**Not during school hours**

**Did you know that you can't:**

**do work that 16- and 17-year-olds can't do • cook • work as a chamber maid • climb ladders or scaffolds • use weed whackers or lawn mowers • serve or sell liquor (if you're 15 you can stock or carry it) • do other dangerous jobs**

## **If you are under 16, you need a work permit!**

**Apply at your school. You can start work only after the Maine Department of Labor approves the permit.**

**Know your rights.**